

# Upper Nerve Flossing

1



**MEDIAN NERVE GLIDE - #1**  
Beginner

Start with your arm hanging down at your side with your elbows straight and palm facing forward. Next, bend your wrist back as you side bend your head towards the target arm as shown. Next, bend your wrist forward as you side bend your head away from the target arm. Your other hand should be making sure your shoulder stays down and drawn back the entire time.

Repeat 10 Times  
Hold 1 Second  
Complete 2 Sets  
Perform 2 Time(s) a Day

4



**RADIAL NERVE GLIDE - #2**  
Advanced

Start with your arm hanging down at your side with your elbows straight and palm facing back. Next, bend your wrist back as you side bend your head towards the target arm as shown. Next, bend your wrist forward as you side bend your head away from the target arm.

Repeat 10 Times  
Hold 1 Second  
Complete 2 Sets  
Perform 2 Time(s) a Day

2



**MEDIAN NERVE GLIDE - #2**  
Advanced

Start with your arm up and out to the side with a straight elbow as shown. Your palm should be facing upwards. Next, bend your wrist upwards as you side bend your head away from the target arm as shown. Then, bend your wrist downward as you side bend your head towards the target arm.

Repeat 10 Times  
Hold 1 Second  
Complete 2 Sets  
Perform 2 Time(s) a Day

5



**ULNAR NERVE GLIDE - #1**  
Beginner

Start with your arm up and out to the side with a bend elbow as shown. Your palm should be facing towards the side. Next, bend your wrist away and towards you as shown. Your other hand should be making sure your shoulder stays down and drawn back the entire time.

Repeat 10 Times  
Hold 1 Second  
Complete 2 Sets  
Perform 2 Time(s) a Day

3



**RADIAL NERVE GLIDE - #1**  
Beginner

Start with your arm hanging down at your side with your elbows straight and palm facing back. Next, bend your wrist forward and back. Your other hand should be making sure your shoulder stays down and drawn back the entire time.

Repeat 10 Times  
Hold 1 Second  
Complete 2 Sets  
Perform 2 Time(s) a Day

6



**ULNAR NERVE FLOSS - #2**  
Advanced

Start with your arm up and out to the side with a bend elbow as shown. Your palm should be facing towards the side. Next, bend your wrist towards you as you side bend your head towards the target arm as shown. Then, bend your wrist away from you as you side bend your head away from the target arm.

Repeat 10 Times  
Hold 1 Second  
Complete 2 Sets  
Perform 2 Time(s) a Day